



White Chocolate Sheet Cake with White Chocolate Frosting

READY IN



120 min.

SERVINGS



24

CALORIES



272 kcal

DESSERT

Ingredients

- 3 oz chocolate white chopped
- 2 tablespoons whipping cream
- 1 box cake mix white
- 1 cup cream sour
- 0.5 cup vegetable oil
- 3 eggs
- 3 oz chocolate white chopped
- 3 tablespoons whipping cream

- 0.5 cup butter softened
- 3 cups powdered sugar
- 0.5 cup pecans toasted chopped

Equipment

- bowl
- frying pan
- oven
- hand mixer
- toothpicks
- microwave

Directions

- Heat oven to 350°F (325°F for dark or nonstick pan.) Spray bottom and sides of 15x10x1-inch pan with baking spray with flour.
- In small microwavable bowl, microwave 3 oz white chocolate and 2 tablespoons cream uncovered on High 1 minute, stirring every 30 seconds, until smooth. Cool 10 to 15 minutes.
- In large bowl, beat cake mix, sour cream, oil, eggs and chocolate mixture with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally.
- Pour into pan.
- Bake 21 to 25 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.
- In small microwavable bowl, microwave 3 oz white chocolate and 3 tablespoons cream uncovered on High 1 minute, stirring every 30 seconds, until smooth. Cool 10 to 15 minutes.
- In medium bowl, beat butter and 2 cups of the powdered sugar with electric mixer on medium speed until blended.
- Add white chocolate mixture; blend well.
- Add remaining powdered sugar; beat until smooth.
- Spread frosting over cake; sprinkle with pecans. Store loosely covered.

Nutrition Facts

PROTEIN 3.71% FAT 41.99% CARBS 54.3%

Properties

Glycemic Index:6.25, Glycemic Load:2.94, Inflammation Score:-2, Nutrition Score:3.8282608551824%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 271.87kcal (13.59%), Fat: 12.93g (19.89%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 37.15g (13.51%), Sugar: 28.44g (31.61%), Cholesterol: 31.13mg (10.38%), Sodium: 212.18mg (9.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Phosphorus: 112.43mg (11.24%), Calcium: 79.26mg (7.93%), Manganese: 0.15mg (7.51%), Vitamin B2: 0.12mg (7.14%), Selenium: 4.48µg (6.41%), Vitamin A: 307.9IU (6.16%), Folate: 19.41µg (4.85%), Vitamin B1: 0.07mg (4.76%), Vitamin E: 0.63mg (4.21%), Iron: 0.61mg (3.39%), Vitamin K: 3.24µg (3.08%), Vitamin B3: 0.61mg (3.05%), Copper: 0.06mg (2.8%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.37mg (2.44%), Magnesium: 7.95mg (1.99%), Vitamin B12: 0.12µg (1.97%), Potassium: 67.76mg (1.94%), Fiber: 0.47g (1.88%), Vitamin B6: 0.03mg (1.48%), Vitamin D: 0.16µg (1.07%)